TELEVISION CHEF DIES
KEN KOSTICK A LOCAL CELEBRITY {page 4}

A NEW SPIN ON MAKING WAFFLES
FOOD CHALLENGE BECOMES DESSERT {page 11}

LILO LOCKDOWN
LOHAN FACING JAIL TIME
DISH {page 9}

WINNIPEG metro®
Monday, April 25, 2011
www.metronews.ca
News worth sharing.

Hoodies. Off

▶ Matt Nowak, 17, was one of a number of people who took advantage of the warm weather yesterday and turned up at the Plaza at The Forks skatepark. By 3 p.m., the temperature had hit a relatively balmy 15 C.

JAMES TURNER/METRO

Riding the heat waves

‘Shattered’ by alleged group home abuses

New lawsuits filed against group foster home that closed in 1983 Men claim physical and emotional abuse as young boys

Three more men have stepped forward to sue the Manitoba government over alleged abuses suffered while living at a long-closed group foster home for boys.

Former Cathedral Valley Group Home residents Larry Nowasad, Brian Richards and Dean Powerhorn have each filed lawsuits against the province seeking undisclosed financial compensation.

The men — who lived at the Grandview-area home as young boys — allege they were physically abused and left emotionally “shattered.” The home closed in 1983.

Each identifies the man who ran the home as “a person of brutal and violent temperament” who allegedly subjected the boys to beatings.

The province was duty-bound to look after the boys, but failed to do so, the men allege.

“There was no system of inspection or monitoring,” the lawsuits state.

The claims bring the total number the province now faces in connection to the home to five.

The province issued an apology on Jan. 14, 2010 for what happened at Cathedral Valley.

“The province must offer a process for healing.”
FAMILY SERVICES MINISTER GORD MACKINTOSH

It also released a report into the home’s operations authored by a former provincial ombudsman.

Barry Tuckett found evidence emotional harm was inflicted and instances of excessive discipline, but stated there was no “systematic abuse or exploitation.”

JAMES TURNER

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1 news

Twitter war between "stupidhead" and "boogerbrain" livens up the federal election.
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3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Despite an Afghan governor's insistence poppy fields are being destroyed, farmers don't seem to be getting the message. Video at metronews.ca.

Follow us on Twitter @metrowinnipeg

Igniting. Spring

▶ Rev. Marcel Damphousse lights a young parishoner's candle during Easter Sunday services at Winnipeg's La Paroisse Cathedrale De Saint-Boniface.

JAMES TURNER/METRO

Celebrating Easter Sunday with the lighting of candles

Stabbings, shootings pepper Easter weekend

- Police looking for two men in stabbing of woman
- 18-year-old victim of home invasion not co-operating with police

ELISHA DACEY
@METRONEWS.CA

Winnipeg police were kept busy after warmer weather seemed to bring out the criminals over Easter weekend.

Friday night started with a stabbing in Wolseley after police got a call at about 8:45 p.m. A 40-year-old man was stabbed in the chest after getting into a fight with a number of people. The man was taken to hospital in critical condition, then upgraded to stable. Police are still looking for suspects.

Saturday evening at about 11:30, people waiting outside the Republic night club on Bannatyne Avenue were pepper-sprayed. One man wandered into the street after being temporarily blinded and was hit by a car. He is in stable condition. Police have a suspect in custody, who has been charged with six counts of assault with a weapon among other charges.

Meanwhile, across the river on Union Avenue West, four men broke into a home and attacked an 18-year-old man, who was taken to hospital with minor injuries. Police wouldn't say if the incident was gang related.

JAMES TURNER/METRO

▶ Paufeld Drive was the scene of a rampage this weekend.

About half an hour later, a young woman was stabbed in the arm with a knife on William Avenue. The 20-year-old is in stable condition.

Closer to 3 a.m. yesterday morning, a 22-year-old man allegedly went on a rampage armed with an axe and a baseball bat. He destroyed windows in a vehicle and a home on Paufeld Drive in North Kildonan. It took police about an hour to track the man, with the help of the canine unit.

At about 3:30 a.m., police received reports of shots fired near the Jamaican Association of Manitoba on Winnipeg Avenue. Police collected bullet casings near the club, but there were no injuries. Police are still investigating.

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Television chef Ken Kostick dies at age 58

Author of several bestselling cookbooks

Canadian celebrity chef Ken Kostick, who hosted the long-running television show What's for Dinner with Ken and Mary Jo, has died.

He was 58.

Kostick's partner made the announcement on his Facebook page Saturday. A statement went up on the chef's official website later that day.

According to a statement on Kostick's site, Kostick died Thursday afternoon after battling acute pancreatitis at Toronto's St. Michael's Hospital.

"Ken lived a full and wonderful life with many passions, including food, pets and people," the statement read.

Kostick was born in Winnipeg in 1953 and grew up in the North End. He graduated from the University of Manitoba and tried his hand at numerous careers before becoming a cult star with cooking show What's For Dinner?

Kostick's playful bickering and chemistry with co-star Mary Jo Eustace proved to be a huge television hit.

Kostick had recently reunited with Eustace to host He Said, She Said with Ken and Mary Jo on the W Network.

Funeral arrangements had yet to be announced by press deadline.

ELISHA DACEY/WITH FILES FROM THE CANADIAN PRESS

CORUS ENTERTAINMENT

▶ Ken Kostick was one of Canada's most beloved celebrity chefs.

ELECTION

Advance polling turnout shrinks

After a busy first day, advance polls on Saturday slowed down as people took advantage of the nice weather and the open stores.

St. James resident Yvonne Summers said she voted at the advance poll at Bord-Aire Community Club Saturday and found no lineups or waiting.

"It was slow. There were still people coming and going — one car left as we pulled up — but inside, there was just one other person."

Summers said that wasn't the case on Good Friday, when an Elections Canada representative told her there had been a lineup "literally up the stairs and out the door for a good three hours."

"I think that people had nothing to do, it was a nice day, so they went over and voted," Summers added.

Advance polling ends today at 8 p.m.

ELISHA DACEY

Posting early results could cost you $25K

Elections Canada: Enforcement complaint-driven, officials won't monitor Twitter ◆ Rationale to keep early tallies from influencing other voters

JOE LOFARO
@METRONEWS.CA

Posting election results on social media sites before polls close on May 2 could land you a $25,000 fine, says Elections Canada.

Section 329 of the Canada Elections Act prohibits transmission of results before all polling stations have closed.

"It's important for us just to remind people that this is still on the books because there are possible ramifications to it," said Elections Canada spokesperson John Enright.

Still, Elections Canada's friendly reminder isn't sitting well with some Canadians.

Ottawa blogger Peter Raaymakers kickstarted a discussion on Twitter and since then Internet users worldwide have been weighing in on the ban.

On Thursday, he tweeted: "@mrbarnabyjones You really think people in the West are influenced by how people in the East are voting?"

"It's not up to Elections Canada to amend this, we're only the administrator. The law is written by Parliament."
JOHN ENRIGHT, ELECTIONS CANADA SPOKESPERSON

Karren Brown from Alberta tweeted: "Think the law has be to (sic) reviewed & updated, but will respect Elxns Cda rules. Not a Conservative."

University of Ottawa Law professor Michael Geist offered his expertise earlier this month in an affidavit for a superior court case challenging the constitutionality of the provision. He wrote that such a ban in 2011 is "simply not possible without inflicting enormous harm to freedom of expression and public confidence in the election system."

ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and wife Laureen help Ava de Souza find eggs during an Easter egg hunt in Royal Oak, B.C.

Photo op leaves kids no room to hop

The Conservative campaign's military precision with events has raised more than a few eyebrows during four weeks of electioneering.

Stephen Harper ensures his limited time with reporters is always held in front of partisan crowds, who cheer his answers — and on Saturday, purposely drowned out an unwelcome question.

But Easter morning brought a new development. Harper held a photo opportunity with more than a dozen cherubic kids at a suburban Victoria home. After he gave a brief formal address, the hostess asked the strategically posed children to go on an Easter egg hunt.

A Conservative campaign official quickly jumped in and said the kids were to stay in place while the national media asked Harper their allotted four daily questions, as the children squirmed and chafed.

A Conservative party spokesman later explained that the children had to stay for the serious business because Harper wanted to take part in their Easter egg hunt. **THE CANADIAN PRESS**

For more election coverage, visit metronews.ca

Vandals target Grits, Bob Rae no exception

Slashed car tires, hateful graffiti, ripped campaign signs. Vandalism has spread throughout Toronto.

Liberal heavyweight Bob Rae and Eric Hoskins, a Liberal MPP, woke up on Saturday to see their car tires hacked.

While Rae's reaction was guarded, he acknowledged this is the "first campaign in which something like this has happened. Obviously signs get torn down and other things happen in a campaign ... I'm sorry this has happened, but life goes on," he said

Rae tweeted Saturday his front left tire was slashed.

"It sounds like it's fairly widespread," he said of the vandalism, adding that when his wife took the car to get a new tire, somebody else was already at the shop whose car had been damaged by a key.

At least two-dozen cases of vandalism have been reported in the past couple of days.

New Democratic Party signs have also been targeted in the area, according to Joe Cressy, campaign chair for incumbent MP Olivia Chow.

Conservative Leader Stephen Harper condemned the vandalism and suggested Conservative candidates have been the target of vandals too.

TORSTAR NEWS SERVICE

PARTY LEADER

NDP, Grits neck and neck: Polls

The Liberal and NDP campaigns, which some polls suggest are in a tight race for second place in this election, came face to face yesterday.

Both Liberal Leader Michael Ignatieff and NDP Leader Jack Layton gave remarks at a Sikh celebration in Toronto.

There have been plenty of instances this campaign in which various leaders have crossed paths as they jet from city to city, but there hasn't yet been an event two leaders attended at the same time.

The annual Khalsa Day parade in Toronto is a huge affair that draws tens of thousands of Sikhs celebrating the birth of their religion.

The campaign clash comes as Ignatieff — as well as the other party leaders — have set their sights on Layton in recent days.

THE CANADIAN PRESS

Iggy booed at hockey game

Supporters of two opposing Ontario Hockey League teams seem to agree on one thing: they're no fans of Michael Ignatieff.

The Liberal leader was booed during an Ontario Hockey League playoff game in Mississauga, Ont., Saturday when he was introduced over the loud speakers and shown on the big screen.

Ignatieff was a good sport and shook hands with fans afterward.

He was with Mississauga Mayor Hazel McCallion.

THE CANADIAN PRESS

Cameras not welcomed on Easter morn

A couple in Victoria, B.C., got a rude Easter morning awakening when they wandered out on to their balcony to find the national news media camped in their backyard.

Equipment had been set up in the yard so that media could cover a photo opportunity with Prime Minister Stephen Harper next door.

The landlord made arrangements without the knowledge of the couple who rent the home.

THE CANADIAN PRESS

‘Cyber’ insurance aims to curb the risk of ill-advised tweets

- You really shouldn’t call your boss ‘a fat cow’ online
- But if you do, new policies could cover you

As more and more companies turn to Facebook, Twitter and other social-media sites to market products, communicate with customers and collect information, they leave themselves open to lawsuits over intellectual property infringement and defamation.

And where there’s risk, there’s the insurance sector. Brokers in Canada are starting to develop coverage for the consequences of unruly posts.

The liability risk stems from the fact that many companies don’t have clear, written policies for social networking, says Eric Dolden, a Vancouver insurance lawyer.

“‘My boss is a big fat cow’ is a very common tweet,” he says. “But people often stupidly then say where they work and who their boss is in the tweet.”

“(Social media insurance is) new in Canada. Brokers have caught on to what their colleagues are doing in the U.S. and have been very strong in promoting this class of business.”
MALCOLM RANDLES, POLICY WRITER FOR KILN, A SUBSIDIARY OF LLOYD’S OF LONDON

The legal ramifications can hurt both the finances and reputation of a business. “We’ve seen people, in their personal capacities — the ‘big-fat-cow boss’ — bringing a lawsuit against the individual,” Dolden says. “And we’ve also seen the company have to take action because, from a reputational point of view, their brand is now suddenly gone viral, negatively.”

Dolden says demand for social-media insurance coverage is mostly for corporations. Large companies could pay up to $100,000 for a $10-million policy that protects against data loss and liability, while small companies would pay much less. Dolden says it’s only a matter of time before firms offer personal insurance lines.

“I think it’s going to come for individuals. It’s probably about five years out.” THE CANADIAN PRESS

Trade. Secrets

▶ Mattel Inc.’s revenue rose eight per cent during the first quarter. But higher costs for its lawsuit over the Bratz dolls and other expenses sent net income down 33 per cent.

THE ASSOCIATED PRESS/MGA ENTERTAINMENT

MGA winz legal fight with Mattel

Mattel Inc. lost its claim to the billion-dollar Bratz doll line on Thursday when a U.S. federal jury awarded the copyright to upstart rival MGA Entertainment Inc., along with more than $88 million US in damages for misappropriation of trade secrets. The verdict came as a staggering blow to the toy giant, which has long claimed the smaller company stole the idea for the ethnically diverse, pouty-lipped toys that gave Mattel’s platinum-haired Barbie a run for her money after decades of fashion doll dominance. The verdict will allow MGA to regain control of its flagship doll and to once again try to compete with Barbie to dominate the market.

Chinese joint ventures ‘bad news’ for automakers

Some of the new Chinese cars unveiled at this week’s Shanghai International Auto Show are affordable for millions of buyers, a happy development for Beijing that might prove costly for the global automakers producing them.

General Motors Co., Honda Motor Co., Nissan Motor Co. and many others presented models developed with Chinese joint-venture partners. These so-called “indigenous” brands will be sold only in China and their prices are aimed at an already crowded market. They will also be in competition with the foreign automakers’ existing entry-level models.

Manufacturing Chinese models is the “new cost of market access” for global automakers, says consultant Mike Dunne, who specializes in Asia’s auto markets.

New rules require car makers to share their technology if they want to expand in China, he says. But car makers won’t admit it’s happening because to do so could risk incurring the ire of Beijing.

EUGENE HOSHIKO/THE ASSOCIATED PRESS

▶ The Baojun 630 sedan, unveiled at this year’s Shanghai International Auto Show, is GM’s first model of its new car brand aimed specifically at the market in China.

“This is bad news” for automakers, says Klaus Paur, an analyst at Synovate Motoresearch. “These additional brands are competitors to Chinese brands but also competitors to international brands.”

Paur and Dunne say foreign makers will likely circumvent Beijing’s requirements at least in part by using older technology in the new brands.

For example, GM’s new joint-venture Baojun 630 is based on its Optra platform, which is at least eight years old.
THE ASSOCIATED PRESS

Market value

- **China’s auto market has** been the world’s biggest for two consecutive years.
- **Vehicle sales surged by** one-third in 2010 over the year before to 18 million, including 13.7 million passenger cars.
- **Eighty-four international** and indigenous brands crowd the auto market in China, led by Volkswagen AG, Toyota Motor Co. and Hyundai Motor Co.

Apple tracking queried

Privacy watchdogs are demanding answers from Apple Inc. about why iPhones and iPads are secretly collecting location data on users — records that mobile service providers routinely keep but require a court order to give out.

Much of the concern about the tracking stems from the fact the computers are logging users’ physical coordinates and storing the information in an unencrypted form that would be easy to hack into.
THE ASSOCIATED PRESS

Radiation check for Japan cars

Japanese automakers are checking the level of radiation on cars slated for export in a bid to ease worries among foreign buyers, says the Japan Automobile Manufacturers Association. The carmakers are inspecting about 10 out of every 5,000 cars for radiation inside and on tires. Nothing has been detected so far, the group says, and the radiation check will continue until the nuclear crisis subsides.
THE ASSOCIATED PRESS

Home Depot bans pets

As of next month, Canadian pet owners will have to leave their companions at home when they go shopping at Home Depot. The chain is banning pets at its stores across Canada after an attack by a Shih Tzu sent an Ottawa-area employee to hospital last week. Home Depot says certified assistance dogs, such as guide dogs for the blind, will still be allowed in stores when the policy comes into effect on May 16.
THE CANADIAN PRESS

STRINGING TOGETHER A SUCCESSFUL MUSIC CAREER

URBAN COMPASS

LARA SCHROEDER
METRO WINNIPEG

Anyone who regularly attends jazz or folk music shows in Winnipeg has probably seen Daniel Koulack play.

The thing is, those who aren't involved in the music scene might not even recognize his name.

Koulack is often the guy behind the band leader, playing banjo, bass or fiddle with a concentrated look or huge grin on his face.

His own music is usually folk; he was a member of Finjan, a Winnipeg klezmer band that played for two decades, and his new group, the Black Sea Station, is an offshoot of Finjan.

He also plays jazz and has performed a banjo concerto with the Winnipeg Symphony Orchestra.

"(Daniel) Koulack is often the guy behind the band leader, playing banjo, bass or fiddle ..."

He is part of the recently announced Winnipeg International Jazz Festival lineup, playing bass with the Black Sea Station at the Winnipeg CD release party for Transylvania Avenue (June 23 at the Winnipeg Art Gallery) and with Woody Holler and His Orchestra (June 24 at Times Change(d) High and Lonesome Club), playing western swing.

Fiddle And Banjo, recorded with fiddler Karrnnel Sawitsky, was nominated for two 2010 Canadian Folk Music Awards. Koulack and Sawitsky are playing in Ottawa April 30 and May 5 as part of Prairie Scene, a Prairie arts festival.

He also works with Métis singer/songwriter Ted Longbottom in the Frontier School Division fiddle program.

Finally, he plans to resurrect a dormant band.

"I'm looking in the next couple of years at doing another Daniel Koulack album with the Knappen Street Allstar Band," he said.

Koulack's different projects bring different rewards.

"The level of musicianship is so high," he said about the Black Sea Station, while with Woody Holler. "We swing hard."

The number of projects is partly a necessity — a band can only play so often in one town and he doesn't want to always be on the road — but he enjoys all of it.

The constant among the different groups is his connection with the people he plays with regularly, he said.

"It's a collective creation," he said. "Hanging out with the people is as important as the music."

His work with Longbottom is particularly rewarding.

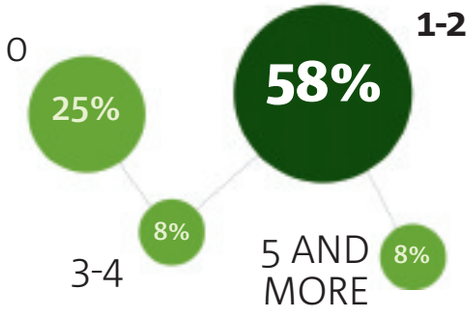
The rebirth of First Nations and Métis fiddle music is having a tangible positive effect, Koulack said, talking about a happy kid and "amazing fiddler" he met.

Their conversation started out with the sentence, "I was really bad before I started fiddling," Koulack says. "And then he repeated, 'Really bad.'"

Contact Lara Schroeder at laraschroeder@ymail.com

metro life panel **Register at metrolifepanel.ca and take the quick poll**

How many times a week do you find time to exercise?



Local tweets

- **@Elwaldorfo:** It's a beautiful day in #Winnipeg! Now we just need to get some green on those trees and we'll be ready to roll. #summer #FINALLY
- **@The_Real_BL:** Anyone hear the Rumor that The #Winnipeg Police, and Transit will be shutting down Portage and Main on Friday Following an announcement ?
- **@dcfalk_81:** People who don't live in the city apparently know more about it than anyone else, lol. I've lived away, and chose to come back.
- **@illegalcurve:** Don Cherry on tonight's Hockey Night in Canada "this Bryzgalov says he doesn't want to go to Winnipeg. Is that a promise or a threat?"
- **@Nicholas_Toth:** No turkey this weekend. Lots of money for leftovers you'll hate to eat on the third day. Making Homemade deluxe pizzas instead.
- **@DariaBilowus:** So is everyone having a Hoppy Easter! *groan* yes I said! Peace ♥
- **@crewzta:** I put on ... my shorts. It's ok to do so, Winnipeg.

#elxn41: Be Heard

Metro invited Federation of Canadian Municipalities CEO Brock Carlton and columnist Ivor Tossell to discuss urban issues and what's missing from the federal election campaign. The following are excerpts from the online chat.

METRO: Why should a federal campaign address urban issues?

BROCK: The federal government has a large role to play in our cities and communities. Their policies and programs have a direct impact on cities and towns. The feds cannot deliver to Canadians without working with cities. Our country is too big and complex to work in silos. And we need national leadership from the feds on key issues that affect our economy, the environment and social issues.

IVOR: Well, you could ask, what does the federal government have to do with health care, which is also a provincial matter? The fact is that cities are a central part of Canadian life, just like health care. A national vision for what it means to live in a Canadian city is important — it's quality of life.

COMMENT AT METRONEWS.CA OR WINNIPEGLETTERS @METRONEWS.CA.

Cartoon by Michael De Adder

WEIRD NEWS

Mystery person hops to it to help woman and pet

An anonymous donor has purchased a $50,000 insurance policy to help an Oklahoma woman keep her pet kangaroo as a therapy pet.

The Broken Arrow city council is considering an exotic animal ordinance exemption that would allow Christie Carr to keep Irwin, the partially paralyzed red kangaroo, within city limits.

Council could vote May 3 on a proposal that would allow exotic animal owners to keep their pets if they obtain a newly created permit. The permit would require them to have a liability insurance policy for any injuries inflicted by the animal, certification showing the animal has adequate housing for its health, and meet all U.S. federal and state guidelines for licensing, among other provisions.

Carr said she couldn't have afforded to purchase such a policy and even contemplated moving out of Broken Arrow to continue caring for the animal. Coun. Richard Carter said the ordinance exemption is designed to allow Christie to keep Irwin within city limits while safeguarding residents from potential harm the animal might cause. **THE ASSOCIATED PRESS**

metro
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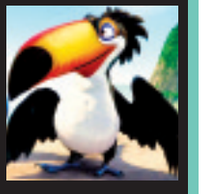
2 scene

Box office



Anne Hathaway and Jesse Eisenberg's talking birds have edged out Tyler Perry's sass-talking grandma at the weekend box office. The animated family adventure Rio took in $26.8 million to remain the No. 1 movie for the second-straight weekend.
THE ASSOCIATED PRESS

New generation of rap music drives Libyan rebels to defeat Gadhafi's forces.

VICTORIA WILL/AP PHOTO

▶ Taylor Kitsch portrays war photographer Kevin Carter in The Bang Bang Club.

Kitsch Kitsch, Bang Bang

Friday Night Lights star gets so into character for role as South African war photographer in The Bang Bang Club, he needed counseling to get back out

NED EHRBAR
SCENE@METRONEWS.CA

Taking on the role of photojournalist Kevin Carter in The Bang Bang Club was hardly a vacation for Taylor Kitsch.

"I didn't sleep. It was a zoo to shoot," he says of the film, which tells the true story of a group of photographers covering the violent last days of apartheid in South Africa. "It wasn't a fun shoot for me at all. I had a lot of kidney problems playing Kev, through the diet and losing 30-something pounds."

Known to audiences for his work on Friday Night Lights, and starring alongside Hugh Jackman in Wolverine, Kitsch threw himself into playing Carter, starting before heading to Johannesburg for filming.

"I had two months to prep on my own in Austin, so that entailed shadowing a photographer, getting a Leica, which is about a 60-year-old film camera that Kev used, developing myself with that, shooting about five to 10 rolls a day and then losing the 30-something pounds just running every day in Austin," he explains.

"There's so much pressure I personally put on myself to do this guy justice, so I prepped and prepped so much. It brings your game up more. I would've done anything to get where I needed to be, to feel I could let the scene go. I was a wreck. It's an incredible amount of energy."

But any amount of effort was more than worth it, Kitsch insists, given how badly he wanted to do the film. "Even reading the script and fighting for the role, it was a matter of, like, I know I can play this guy truthfully," he says. "There's something that I know I could hit with him."

But while he worked relentlessly on getting into character, Kitsch wasn't necessarily prepared for how difficult it would be to get out of character, given the intense scenes Carter lived through. (Carter won a Pulitzer Prize for a photo of a young Sudanese girl resting being stalked by a vulture.)

"Some counseling was needed, and just separating yourself and being incredibly conscious of it and being OK that it's taking time to let go was a big thing for me.

"Playing other characters, I can let go and I can laugh a lot. It's not as heavy, obviously. But you take it home with you."

Luckily he won't be taking as much home with him again soon, as his next projects are more on the fun side. Of course, even his upcoming Battleship — based on the board game — isn't without its gravitas.

"Just because it's this big film doesn't mean we can't have a very, very intense moment here or there, or have loss," he says.

Speaking of aliens, Kitsch will be keeping with the action genre as the title character in John Carter of Mars.

"I was looking at a 100-foot green screen and there was an X on it at the 75-foot mark, and that was supposed to be a ship that I'm blowing up," he says. "In situations like that, escapism is a lot harder as an actor, and tests you in different ways.

"With Bang Bang, I had a f--ing child and a vulture. If you can't put yourself in a present moment there, then you've got to go back to New York and study a bit more."

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Lindsay facing serious jail time

Lohan given 120-day sentence Could still be cleared

GETTY IMAGES

Lindsay Lohan

Though her felony charge was reduced to a misdemeanor, Lindsay Lohan was sentenced to 120 days in jail plus 480 hours of community service for violating her probation by allegedly stealing a $2,500 necklace from a jewelry store, according to TMZ.

But Lohan isn't sunk yet, as the judge is giving the actress the chance to prove her innocence at a trial set to begin May 11.

Lohan posted $75,000 bail and was released five hours later.

Her lawyer is appealing the decision.

METRO

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YOU COULD BE AN ASSISTANT TO

LADY GAGA

Lady Gaga will be Metro's special Global Editor in Chief on May 17th.
We are now looking for an assistant to fly to London, England and work with her to create this special Metro Edition!
Go to ladygagametro.com and let us know "why you were born this way".

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HOT 103

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3 life

You need this

Hello Kitty Beanie Baby

You've got a good reason to buy this, besides it being anime and cool. Part of the proceeds will help the Red Cross efforts in tsunami-ravaged Japan. The company behind the doll, Ty, has pledged $1 million to the Red Cross.

MWN

TY

$5.99, Ty.com

Lockdowns, mock DUI funerals: Prom security tight yet drinking continues.

Yikes! Her first dance!

This week, the Disney movie Prom premieres, reminding us how fun and scary a school dance can be Dr. Susan Newman, Ph.D., social psychologist and author of The Book of NO: 250 Ways to Say It — and Mean It and Stop People-Pleasing Forever, addresses parents' worries

SAM D'AMATO
LIFE@METRONEWS.CA
METRO WORLD NEWS

DISNEY

What to wear will not be the only decision your child will have to make.

WORRY ONE: Dances are basically foreplay for teen sex. I've discussed responsibility with my kid, but I am worried the advice will be forgotten after a night of dancing and too many episodes of Gossip Girl.

SAYS THE DOCTOR: The values and advice you have shared with your teenager hopefully have "sunk in" by the time prom rolls around. It is up to your child to be smart when it comes to sex. Worry about things you can orchestrate. Send your child off to have fun, but with a quiet reminder to be careful.

WORRY TWO: Someone else's kids are going to get drunk and drive. How do I warn my kid without sounding like a public service announcement?

SAYS THE DOCTOR: You absolutely want to sound like a public service announcement! In the weeks leading up to the dance, remind your child of teen drunk driving tragedies. You can soften your parental stand by reminding your child that he or she is the most important thing in your life and it's your job to keep him or her safe. Sounds soppy, but it's true.

WORRY THREE: My child is an introvert and will probably spend the entire evening against the wall. What should I do?

SAYS THE DOCTOR: You might suggest that your child arrange to attend the dance with a group of friends or one friend. Beyond that, there's not a lot a parent can do ... and trying to hard makes the situation worse. If you try to discuss it, your child will tell you don't understand — and you probably don't. It hurts parents to see a child suffer, but as parents we have to accept the fact that we can't protect our children from every insult.

WORRY FOUR: There's an after-prom party at some other kid's house. The parents are out of town. There will be no chaperones. When do I storm in and act like a police officer?

SAYS THE DOCTOR: You don't. Why can't parents say NO anymore? The teen brain is not fully mature, particularly the part that thinks ahead, weighs consequences, and manages emotional impulses. Parties without chaperones tend to get out of hand easily: uninvited guests appear, alcohol and drugs get consumed, noise levels rise and judgment fails. Neighbours call the police and your child winds up in a situation he or she never intended. Boundaries, parents, that's your job. Say no or offer to hold the party at your home.

Something old...

Will Kate Middleton wear a family heirloom?

It's guaranteed that Kate Middleton will wear a tiara on her wedding day. What we don't know is if it will be old, new or borrowed from the royal vault.

Gifting a royal bride with a tiara as a wedding present is a long-standing royal tradition. For her wedding, the Queen presented Diana with The Cambridge Lovers Knot tiara, which was made in 1911 for Queen Mary. Sarah Ferguson was given a tiara the royals purchased from Garrard. Sophie, Countess of Wessex, was given a custom-made tiara. It featured jewels from a necklace belonging to Queen Victoria.

ALISON MCGILL/ WEDDINGBELLS

New spin on classic chicken & waffles

What do pankcake mix, barbecue sauce, nachos & chicken have in common? They're used to create this dish

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

I never back down from a challenge, so when Canadian Family magazine asked me to participate in the launch of its Food Awards, I was game.

The awards honour the top brands used in Canadian households, and will be announced in a special Winter Food Issue. In the meantime, readers can vote and participate in the Canadian Family Creative Cook Challenge (canadianfamily.ca/creative-cook-challenge), during which they must use provided ingredients to create dessert.

My challenge involved pancake mix, plain yogurt, barbecue sauce and more. I came up with Crunchy Chicken Salad Waffle Wraps. I used the pancake mix and yogurt help to create a light fluffy waffle that stays soft and can be used to wrap the chicken, or simply serve it on top.

Preparation:

1. Place pancake mix in bowl; set aside. In another bowl, whisk eggs, yogurt, milk and butter. Whisk into pancake mix until smooth.
2. Heat waffle iron. For each waffle brush lightly with oil; pour in scant ½ cup (125 mL) of the batter. Close lid and cook for about 4 minutes or until steam stops and waffle is golden. Remove gently and repeat with remaining batter; set waffles aside.
3. Crunchy Chicken: In shallow baking dish, whisk barbecue sauce, mustard and thyme. Add chicken and turn to coat evenly; set aside for 10 minutes or cover and refrigerate 8 hours.
4. Combine nachos and mum mums in bag and crush into crumbs. Add parsley. Place few chicken strips in bag and shake to coat. Place coated chicken on parchment paper lined baking sheet and repeat with remaining chicken. Bake in 425 F (220 C) oven for 15 minutes or until no longer pink inside. Top waffles with lettuce and chicken.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

EMILY RICHARDS

▶ Have ranch dipping sauce or hot sauce to drizzle for added flavour.

Ingredients:

- 1 cup (250 mL) Aunt Jemima Original pancake mix
- 2 eggs
- 1 cup (250 mL) Activia plain yogurt
- 1/3 cup (75 mL) milk
- 2 tbsp (25 mL) butter

Crunchy Chicken:

- 1/3 cup (75 mL) Diana gourmet barbecue sauce
- 2 tsp (10 mL) Dijon or yellow mustard
- 1/2 tsp (2 mL) thyme
- 1 pkg (425 g) Maple Leaf Prime boneless skinless chicken breasts, cut into strips
- 3 cups (750 mL) Doritos nacho chips (Nacho cheese or Cool Ranch)
- 2 pkgs Toddler Mum Mums
- 2 tbsp (25 mL) chopped fresh parsley or basil
- Romaine lettuce leaves

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Making green cash

Canadian companies emerging as leaders in the clean-tech industry

BEN KNIGHT
GREEN@METRONEWS.CA

ISTOCK PHOTOS

▶ Clean-tech is getting a "thumbs up" and providing new investment opportunities.

With each Earth Day that passes, our world becomes more ecologically aware. New, emerging technologies are greener, and vast profits are out there for innovators with the right product, in the right place, at the right time.

Canadian companies are beginning to do very well in the clean-tech field — but not without some considerable risk.

"You have to approach the market in a very strategic manner," says Gael Mourant, president and CEO of ARXX, a leading supplier of Insulating Concrete Forms (ICFs) for energy-efficient construction.

"The construction industry is very averse to change. You have to make people comfortable with the idea they can do things differently, but at the same time, actually get a better product at a more cost-effective price."

ARXX is based in Cobourg, Ont. Mourant says proximity to the United States is a significant advantage for Canadian clean-tech firms.

"Americans are very receptive to working with Canadian companies, because they see Canadians as being honest and forthright, and as innovators," she notes.

"Primarily, Canadians are very adaptable. I think we're very open to new ideas. The idea of green buildings and energy savings is very rooted in Canada."

Scott MacDonald is a partner at Emerald Technology Ventures, an investment firm specializing in clean-tech start-ups. He sees deteriorating global infrastructure as a huge opportunity for Canadian firms.

"There are 70 to 100-year-old assets — around the world — where they don't have technology and innovation right now," he says.

"We're trying to make the grid smarter. We're trying to identify where leaks in water systems are."

CHOICES FOR GREEN MOMS

Are cloth diapers the most eco-friendly choice, or are there disposable options that make the cut? *Andrea of London, Ont.*

QUEEN OF GREEN

LINDSAY COULTER
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Disposable diapers are landfill magnets — in some cities diapers and other disposables (razors, plastic wrap, paper coffee cups) are estimated to make up about eight per cent of total household waste. Disposable diapers are also made from plastic, with chlorine-bleached stuffing and added fragrance chemicals. The good news is that cloth diapers aren't what they were 30 years ago.

Today they're stylish, eco-friendly (some are even manufactured with wind power), 100 per cent organic cotton, and you can find brands made in Canada — definitely a worthy choice. There's no need to buy new cloth diapers either. Source them from thrift or secondhand stores — they're washable, after all. Surf online for "green" mommy websites too. They host a plethora of tips, advice and product reviews by real moms. Word on the street is a diaper service makes a perfect baby shower gift and can be cost-competitive option to disposables.

Another option, teetering between disposable and reusable, is the gDiaper. Like a cloth diaper, it has a reusable gPant that you line with a biodegradable or compostable gRefill — you can only compost the wet ones not the poop ones. These refills are free of elemental chlorine and perfumes. The company also makes a reusable cloth insert. The gRefill is actually one of the first consumer packaged goods with "Cradle to Cradle" certification. That means everything that goes into making the biodegradable and flushable gRefill breaks down in 50 to 150 days.

David Suzuki Foundation

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A small-city student with big-city ideas

STUDENT VOICE

KATE MACKENZIE
TALENTEGG.CA

SUBMITTED

▶ Kate MacKenize

For me, a student from a small Nova Scotia university, the hardest part of finding a summer job is getting top employers based in large cities to take a second look at my application.

During a recent family vacation, I met a group of five students from the University of Guelph.

When they asked where I attended school, I replied, "Acadia University." To my surprise, not a single one of them had heard of the school.

After that encounter, I couldn't help but wonder if employers were thinking the exact same thing: Uh, Acadia? Who?

If this is true, at least in some organizations, how is this affecting my application during the selection process?

From an employer's perspective, it is certainly justifiable to hire the candidate from the school known for its strong academic standing or the school that you can identify with ("Our organization is based in Toronto so it makes sense to hire from the University of Toronto"). After all, the aim is to hire the brightest and most qualified.

However, from the Nova Scotia student perspective, this makes standing out in a sea of applications that much more difficult.

When I'm applying for a job in Toronto from my residence room at Acadia in Wolfville, N.S., population 3,800 (7,000 during the school year), I can't help but feel like there's a giant wall between myself and the employer.

And, if they're thinking the same thing — who is Kate MacKenzie, what is Acadia, and where the heck is Wolfville — then it seems likely that my application may come second to, "Ah yes, Jane Doe from Queen's. I went to Queen's too!"

I know that this isn't always the case and that many organizations make a sincere effort to fairly evaluate all candidates. However, I think that some companies could improve their recruitment processes by recognizing the gap between small-town students and big-city jobs and adjusting their application accordingly.

Small changes, such as assigning recruiters to regions across Canada and using technology such as Skype to do interviews, can make a huge difference. These adjustments make the recruitment process less location-specific and less intimidating. They also allow the employer to really get to know the candidates face-to-face to ensure that they're hiring the best of the best.

Also, by including students from many different schools and locations, organizations will only benefit from the increased diversity and perspective.

Where Kate is now

Ironically enough, I proposed this exact idea to an organization based in Toronto and explained the unique perspective that I could bring to the company as a result of my East Coast experiences. Now, I couldn't be more excited to be working for that company this summer!

Key take-aways from Kate's school-to-work transition

• If you attend school in a different city than where the organization you want to work for is located, briefly explain the discrepancy in the email or cover letter and outline your plans for relocation.

• Don't be afraid to ask for an interview over the phone or through a video chat program like Skype — in-person interviews aren't the only option.

• Worried your school isn't as recognized as some of the more high profile institutions? Focus primarily on your accomplishments in your resumé and cover letter, but be prepared to discuss the quality of your education in the interview.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

Post-school plunge

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

BRIGITTE BOUVIER

▶ Jason Bellaire, co-owner of StyleHAUS interiors.

Unconventional and a risk taker. That describes Ottawa interior designer Jason Bellaire, who says that you have to get past your fear and believe in yourself if you're going to be successful in business.

After struggling with his career in his 20s, Bellaire decided to go back to school at the age of 30 to study interior design and architecture.

Jason raised a few eyebrows in the industry when he started his own company six months after graduation.

"It was hammered into our heads at school that you had to apprentice for five or six years before going out on your own. I had to overcome my fear and now looking back over the last two years I can't believe how far I've come."

Jason and his partner, Denise Hulaj, are the hot new design team taking our nation's capital by storm with 10 projects on the go.

He has this advice for people who are thinking about starting their own business.

"Plunge into the darkness, ignore the monsters and don't be afraid to ask for advice."

Jason's tips

Tools to a successful business design

- Believe in yourself and your talents.
- Don't make the same mistakes twice.
- Hang out with other successful people and learn.
- Find a mentor and ask lots of questions.
- Don't think that you know it all. Be humble.

Life after the lay-off

Don't fall into failure-mode ◐ The future is bright!

A job loss effects more than just one person.

Lisa Caldas Kappesser, author of The Smart New Way to Get Hired, shares her advice on how to get everyone through it.

Communication
Discuss with your family what your job search strategy is and what steps you have taken or plan to take in the near future.

Communication is critical in families, particularly in times of stress and crisis when many people tend to withdraw.

Empathy
Everyone needs support and understanding. If you have children, listen to their concerns and keep in mind that most children are egocentric.

Optimism
Be a role model for your family in how to deal with crisis and change. Your children will be in a job search someday and will remember how you handled it.

ISTOCK

▶ A job loss can effect your whole family.

They learn from your behavior, so it's best to model positive behavior.

Self-confidence
If you have confidence in yourself, your family and significant other will have more confidence that you can and will find another job.You need to think and act in terms of when you find your next job and not if you will find another job.

Conflict management
Accept that there will be disagreements and work to resolve them. It takes less energy to deal with a conflict when it first arises than it does after months of letting it build up.

Dealing with disagreements openly can help everyone move in a positive direction. Know that you might not agree at the end of your discussion.

METRO

4 sports

Predators knock out the Ducks

Nick Spaling scored his second goal of the game at 4:53 of the third period and the Nashville Predators closed out their first post-season series victory to advance to the Western Conference semifinals, beating the Anaheim Ducks 4-2 yesterday.

Steve Sullivan scored a goal, David Legwand had an empty-netter and Jordin Tootoo assisted on Spaling's goals. The Predators won the series 4-2 in their sixth post-season in seven seasons.

Jason Blake scored a power-play goal, and Teemu Selanne also had a goal for the Ducks. Anaheim looked tired early after blowing a lead late before losing Game 5 in overtime. They looked tired late as coach Randy Carlyle went heavily with his top two lines, trying to rally.

Anaheim lost in the opening round for the third time in seven playoffs.

The fifth-seeded Predators must wait to see who they play next.

THE ASSOCIATED PRESS

MARK HUMPHREY/THE ASSOCIATED PRESS

▶ Steve Sullivan, centre, celebrates his goal.

Leino's goal keeps Philly in playoffs

Flyers were on ropes after falling behind 3-1 in first period, but they battled back to win in overtime

Ville Leino scored 4:43 into overtime and Brian Boucher's return in another relief appearance sparked the Philadelphia Flyers to force Game 7 in their first-round playoff series against the Buffalo Sabres.

Danny Briere scored twice and Boucher stopped 24 shots over the final two periods and overtime in a 5-4 victory yesterday in what's been a tightly contested and topsy-turvy series that heads to the deciding game in Philadelphia tomorrow.

Boucher took over to start the second period after Michael Leighton allowed three goals on the first seven shots. Scott Hartnell had a goal and assist and James van Riemsdyk also scored for the Flyers, who overcame a two-goal deficit.

Thomas Vanek had two goals for Buffalo, while Rob Niedermayer and Nathan Gerbe also scored.

Rebounding from a pair of losses, the Flyers became the first team in the series to win after giving up the opening goal.

5	4
FLYERS	SABRES

THE ASSOCIATED PRESS

RICK STEWART/GETTY IMAGES

▶ Sabres goalie Ryan Miller watches Ville Leino's game-winning goal yesterday.

Quoted

"Tonight was one of those games that we have to leave it all out on the court. Wasn't no need to take anything home with us, and we did that."

CARMELO ANTHONY AFTER HIS KNICKS LOST 101-89 TO THE CELTICS YESTERDAY AND WERE SWEPT OUT OF THE PLAYOFFS. ANTHONY HAD 32 POINTS AND NINE REBOUNDS.

127336

Scan code for more sports

Canucks' woes continue

The Vancouver Canucks have gone from a win away from a series sweep to the brink of elimination.

Ben Smith scored in overtime as the Chicago Blackhawks forced Game 7 in their first-round series with the Canucks with a 4-3 win yesterday.

Game 7 is tomorrow in Vancouver.

Michael Frolik scored the tying goal in regulation for the Blackhawks early in the third period on a penalty shot. His goal came less than two minutes after Kevin Bieksa gave Vancouver a 3-2 lead.

Bryan Bickell and Dave Bolland also scored for Chicago.

Daniel Sedin and Alex Burrows had the other Vancouver goals.

Cory Schneider was a surprise start in goal for Vancouver in place of Roberto Luongo, but was injured trying to save Frolik's penalty shot.

Luongo came off the bench to finish the game for the Canucks.

THE CANADIAN PRESS

Sports in brief

Nash will wear C for Canada

IIHF HOCKEY. Rick Nash has been named Canada's captain ahead of the IIHF world hockey championship.

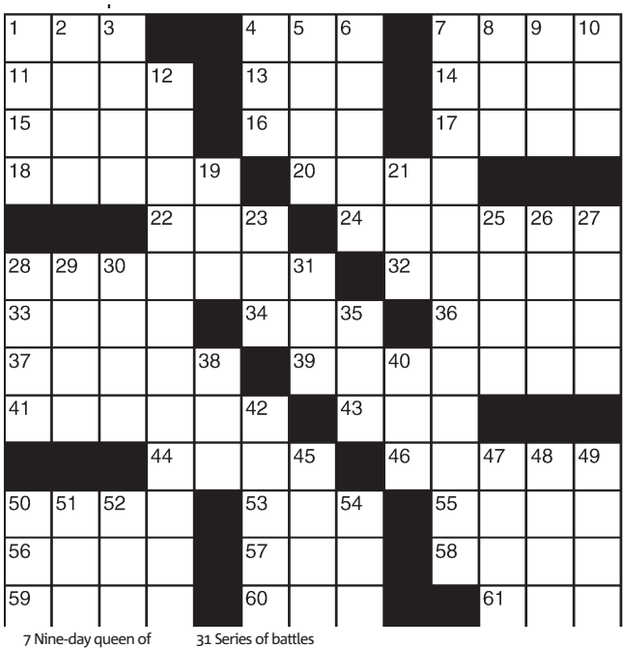
The Columbus Blue Jackets star will wear the C when Canada opens the tournament Friday against Belarus.

THE ASSOCIATED PRESS

MVP favourite Rose slated for MRI on foot

NBA. Chicago Bulls star Derrick Rose had a walking boot on his left foot yesterday and was scheduled for an MRI on his sprained ankle later in the day. THE ASSOCIATED PRESS

Crossword



Across

1 Sugar meas.
4 Historic time
7 Jump
11 Oil cartel
13 Fresh
14 Part of the foot
15 "Why not?"
16 "CSI" evidence
17 "Monopoly" card
18 "Get lost!"
20 "Why not?"
22 Scarlet
24 Takes pleasure in
28 Capistrano bird
32 Block the flow of
33 Cab
34 Chatter
36 Egypt's river
37 British —
39 Completely engrossed
41 Brownish-gray antelope
43 Marshy area
44 Legislation
46 Incorrect
50 Not pizzicato
53 Multipurpose truck
55 Olympic sword
56 Food
57 Yank
58 Knitting need
59 Big village
60 Sudden turn
61 Parcel of land

Down

1 Playthings
2 Detail, for short
3 Bartlett or Bosc
4 Conclusion
5 Nevada city
6 Not sleeping
7 Nine-day queen of England
8 Before
9 Expert
10 Third degree?
12 Schulz lad
19 Tillis or Torme
21 Moreover
23 Pooch
25 Leave out
26 Christmas
27 Raced
28 Use a swizzle stick
29 Cleanse
30 Wheelbase terminus
31 Series of battles
35 Chest protector
38 Old French coin
40 Solemn promise
42 Butterfingers
45 Needle case
47 October birthstone
48 Pianist Peter
49 Mannered bloke
50 Performance
51 Greek P
52 Calf's mama
54 Omelet need

▶ Yesterday's answer

M	O	S	T		D	E	B		A	D	A	M		
I	D	E	A		I	R	E		S	I	L	O		
N	O	R	M		S	A	L		T	S	A	R		
D	R	E	A	M	T		T	S	E	T	S	E		
			L	E	I			E	R	R				
J	A	D	E		N	U	D	E	N	E	S	S		
A	L	I			C	S	I			S	O	O		
R	E	S	P	I	T	E	S		U	S	P	S		
		T	E	D			T	I	N					
A	N	A	L	O	G		A	F	F	E	C	T		
L	E	S	T		A	N	N		O	P	A	H		
D	A	T	E		L	A	C		L	E	G	O		
A	P	E	D		A	G	E		D	E	E	R		

Sudoku

	1		5					
5	4					1		3
		6		7				9
6		1		8	4			
	2						6	
			6	5		8		4
8				9		5		
2		4					9	8
					3		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Anna, Babe, Happy 17th Month, I enjoy all the times we've been together, thank you for everything. I love you with all my heart~
From **YIK**

Moya Lubov, I wish I could go 15 hours in the future and 10,000 kilometres across the ocean. We'd write another article together, you'd wear your RCMP shirt, and recite me Japanese poetry. xo
From **SOLNYSHKO**

Nathan Crane, I love you with all my heart and I'm so glad that we are together. I would shower with you in a thousand roses.
From **ADRIAN**

Roxie, Since you've crept into my life Into every pore you have seeped I no longer know where I end and you begin Forever...we...are...
From **FRANCIE**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 2° Max 21°	Min 6° Max 17°	Min 2° Max 2°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will have to make some kind of sacrifice today, and you should do so willingly.

♉ Taurus April 21-May 21 Make the most of your opportunities.

♊ Gemini May 22-June 21 Find a way to switch off the chaos and confusion of the outside world.

♋ Cancer June 22-July 22 You CAN change things for the better, but you've got to work with like-minded souls.

♌ Leo July 23-Aug.23 The more negative others get the more determined you'll be to prove them wrong.

♍ Virgo Aug. 24- Sept. 22 Don't sit back and wait for others to take the lead — take it yourself and set the agenda.

♎ Libra Sept. 23-Oct. 23 Listen to your instincts and act on what they tell you.

♏ Scorpio Oct. 24-Nov. 22 Make a special effort to get along with the people you live, work and do business with.

♐ Sagittarius Nov. 23-Dec. 21 If you neglect something small today something big could fall apart.

♑ Capricorn Dec. 22-Jan. 20 Push doubts aside and take the kind of risks you usually try to avoid.

♒ Aquarius Jan. 21-Feb. 18 Certain people are going to make life difficult for you today.

♓ Pisces Feb. 19-March 20. Start conversations with total strangers. **SALLY BROMPTON**

Caption contest

DARKO VOJINOVIC/THE ASSOCIATED PRESS

RON JOHNSON/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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